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A FOOD PLAN FOR HEALTHY EYES

ocular nutrition **questionnaire**

Your eyes depend on several nutrients to stay healthy and see their best.
Are your eyes getting enough of these nutrients?

Please take a moment to reflect on what you ate last week and answer the following questions.

OMEGA-3 rich foods
Sardines / mackerel / rainbow trout / wild salmon
Servings per week (1 fillet the size of a deck of cards): □ 0 □ 1-2 □ 3-4 □ 5+

Lutein-rich foods
Leafy greens (kale, spinach, swiss chard, rapini)
Servings per week (1 handful raw, ½ cup cooked): □ 0 □ 1-3 □ 4-6 □ 7+

Eggs
Servings per week (1 egg): □ 0 □ 1-2 □ 3-4 □ 5+

Green vegetables (broccoli, peas, green beans, brussel sprouts)
Servings per week (1/2 cup): □ 0 □ 1-3 □ 4-6 □ 7+

Zeaxanthin-rich foods
Orange peppers
Servings per week (1/2 pepper): □ 0 □ 1-2 □ 3-4 □ 5+

Beta-carotene rich foods
Carrots, squash, sweet potatoes, canned pumpkin
Servings per week (1/2 cup): □ 0 □ 1-2 □ 3-4 □ 5+

Antioxidant rich foods
(vitamin C, vitamin E, anthocyanins, catechins, flavanoids)
Peppers, green tea, berries, kiwi, citrus, other fruit
Servings per week (1/2 cup or one medium fruit): □ 0-7 □ 8-14 □ 15-21

Do you have any food intolerances or allergies? □ yes □ no

Do you follow a special diet such as vegan, gluten-free? □ vegan □ gluten-free □ n/a

Do you have diabetes? □ yes □ no

How many hours a week of moderate-to high intensity physical activity do you do? □ 0-1 □ 2-3 □ 3.5+

Are you a current smoker? □ yes □ no

Are you an ex-smoker? □ yes □ no

When did you quit? _____

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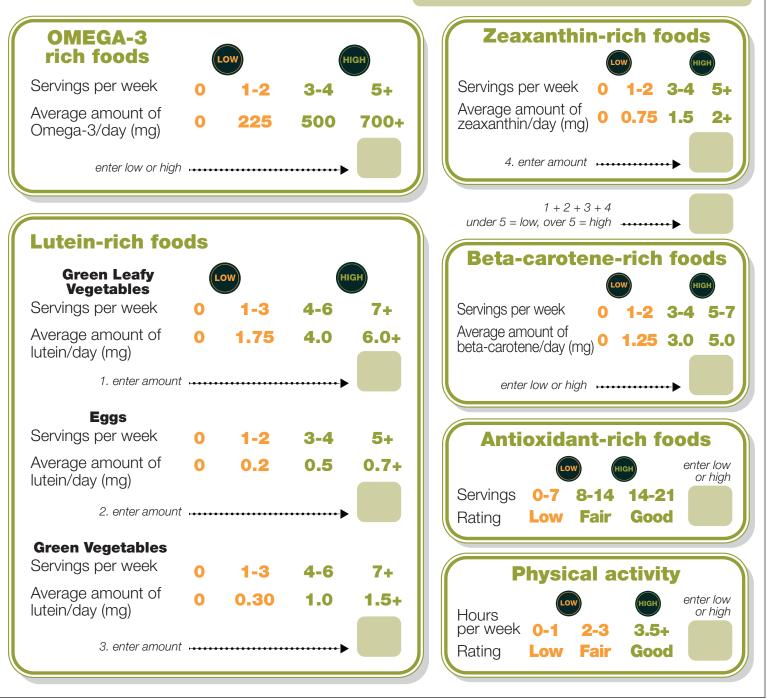
ocular nutrition questionnaire **analysis guide**

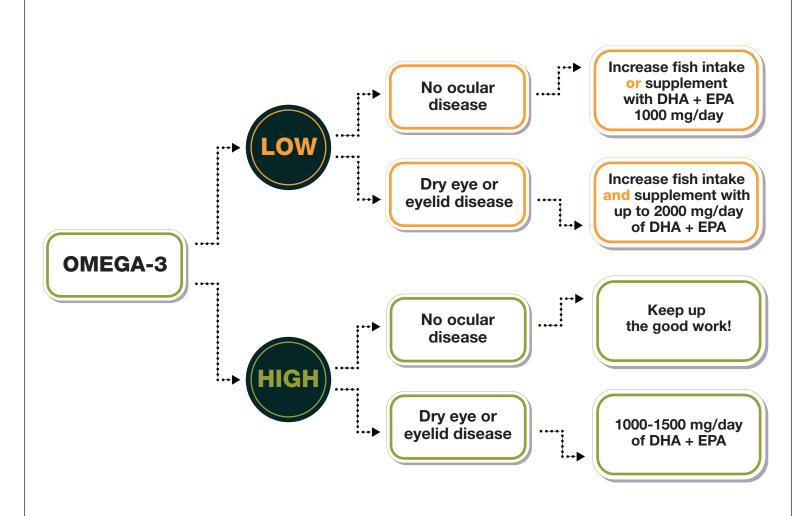- **Helps patient make connection between nutrition and ocular health**
- **Helps doctor formulate nutrition plan**

We have included flowcharts at the end of the analysis to aid in your decision. Keep in mind that other factors such as general health, prescription medications, family history and ocular disease will be important.

Follow these simple steps to analyze the questionnaire:
1. Fill out the chart below with the answers from the questionnaire.
2. Transfer the ratings to the Scoring Table on the patient's questionnaire.
3. Consult the flow charts to determine the best supplements and counseling for each patient.
4. Take into account any food allergies or systemic health conditions.

OMEGA-3 rich foods

	LOW			HIGH
Servings per week	0	1-2	3-4	5+
Average amount of Omega-3/day (mg)	0	225	500	700+

enter low or high ......▶

Lutein-rich foods

Green Leafy Vegetables

	LOW			HIGH
Servings per week	0	1-3	4-6	7+
Average amount of lutein/day (mg)	0	1.75	4.0	6.0+

1. enter amount ......▶

Eggs

	LOW			HIGH
Servings per week	0	1-2	3-4	5+
Average amount of lutein/day (mg)	0	0.2	0.5	0.7+

2. enter amount ......▶

Green Vegetables

	LOW			HIGH
Servings per week	0	1-3	4-6	7+
Average amount of lutein/day (mg)	0	0.30	1.0	1.5+

3. enter amount ......▶

Zeaxanthin-rich foods

	LOW			HIGH
Servings per week	0	1-2	3-4	5+
Average amount of zeaxanthin/day (mg)	0	0.75	1.5	2+

4. enter amount ......▶

1 + 2 + 3 + 4
under 5 = low, over 5 = high ......▶

Beta-carotene-rich foods

	LOW			HIGH
Servings per week	0	1-2	3-4	5-7
Average amount of beta-carotene/day (mg)	0	1.25	3.0	5.0

enter low or high ......▶

Antioxidant-rich foods

enter low or high

	LOW	HIGH	
Servings	0-7	8-14	14-21
Rating	Low	Fair	Good

Physical activity

enter low or high

	LOW		HIGH
Hours per week	0-1	2-3	3.5+
Rating	Low	Fair	Good

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OMEGA-3

LOW

- No ocular disease → **Increase fish intake or supplement with DHA + EPA 1000 mg/day**
- Dry eye or eyelid disease → **Increase fish intake and supplement with up to 2000 mg/day of DHA + EPA**

HIGH

- No ocular disease → **Keep up the good work!**
- Dry eye or eyelid disease → **1000-1500 mg/day of DHA + EPA**
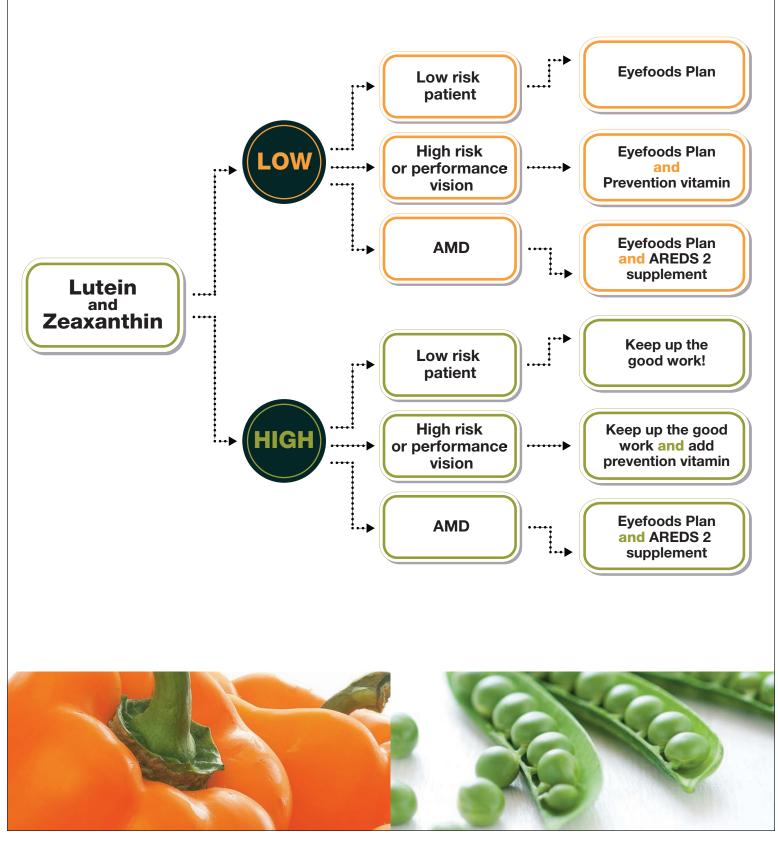
If fish consumption rates high, counsel patient regarding contamination in fish.
Recommended fish that are high in omega-3s and low in contaminants: Wild salmon, sardines, rainbow trout, mackerel
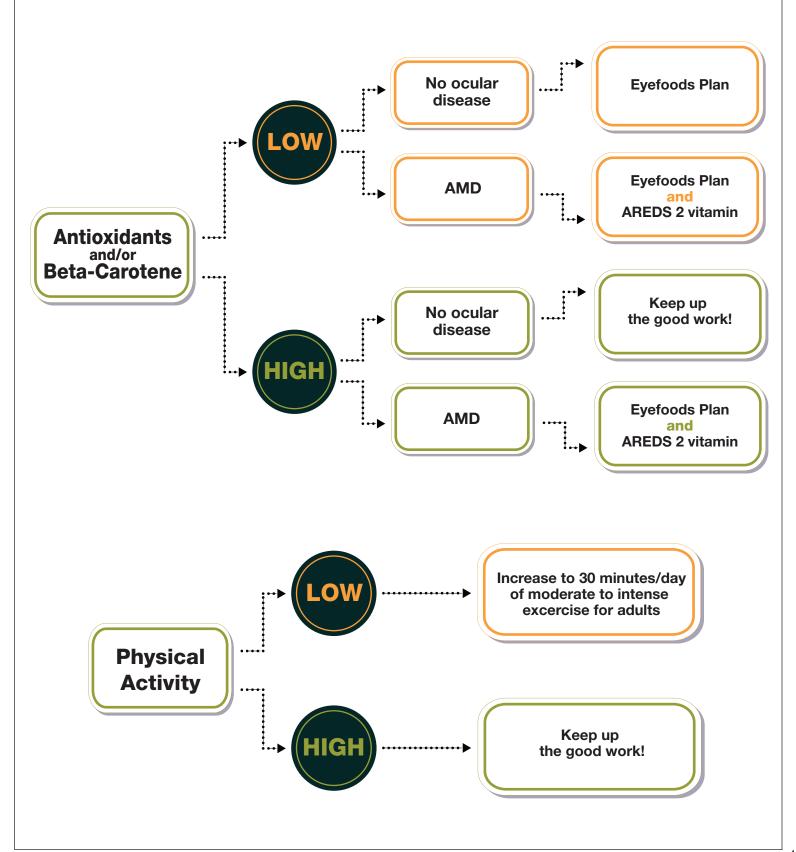
Resources: http://seafood.edf.org (Environmental Defense Fund Seafood Selector) – Website and App available

Lutein from eggs is absorbed better than from other lutein-rich foods

Kale is the highest source of lutein

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Lutein and Zeaxanthin

LOW
- Low risk patient → Eyefoods Plan
- High risk or performance vision → Eyefoods Plan **and** Prevention vitamin
- AMD → Eyefoods Plan **and** AREDS 2 supplement

HIGH
- Low risk patient → Keep up the good work!
- High risk or performance vision → Keep up the good work **and** add prevention vitamin
- AMD → Eyefoods Plan **and** AREDS 2 supplement

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Antioxidants and/or Beta-Carotene

- **LOW**
  - No ocular disease → Eyefoods Plan
  - AMD → Eyefoods Plan **and** AREDS 2 vitamin
- **HIGH**
  - No ocular disease → Keep up the good work!
  - AMD → Eyefoods Plan **and** AREDS 2 vitamin

Physical Activity

- **LOW** → Increase to 30 minutes/day of moderate to intense excercise for adults
- **HIGH** → Keep up the good work!

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Helpful Scripts:

This questionnaire has highlighted nutritional deficiencies that can be affecting your visual performance and your long-tem eye health. Would you like me to recommend a proper, high-quality supplement to fill the gaps?

Remember, a supplement does not replace a proper diet. The synergy of the nutrients in food provides beneficial effects to your eye health and overall health.

Offer patients specific guidelines on what foods and how much they need to eat.

- A handful of **raw leafy greens** per day
- 2 **orange peppers** per week, consume both raw and cooked
- 4 **eggs** per week
- 4 **fish** per week (small is safe as small fish are low in contaminants)

Helpful Tips:

- *Eyefoods: A Food Plan for Healthy Eyes* is a great resource for patients and includes the complete Eyefoods Plan. http://www.eyefoods.com

- Refer the patient to a dietitian or nutritionist if a complex case, such as diabetes, weight loss, cardiovascular disease, GI disease.

- Consider offering genetic testing. This will determine whether the patient will benefit from supplements that include zinc or not.

- Consider measuring macular pigment optical density. This can identify high-risk patients, as well as measure the effectiveness of the treatment.

- Repeat and revise yearly.